I Claim:

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1. A sunglass lens, comprising:

a multilayer dielectric mirror for reducing glare and overall light transmission, said dielectric mirror comprising a plurality of angularly displaced thin film layers;

a first layer of ophthalmic plastic colorized with color discriminating grey tint;

a second layer of ophthalmic plastic colorized with said color discriminating grey tint;

a polarizing layer encapsulated between said first and second ophthalmic plastic layers;

whereby said layers are arranged to provide a balanced light transmission profile in which substantially 100% of UV-A & B light is blocked to at least 400nm, and average blue light transmission

of said lens is less than 0.4%.

- 2. The sunglass lens according to claim 1, wherein said first and second layers are CR-39TM plastic.
- 3. The sunglass lens according to claim 1, wherein said first and second layers are polycarbonate.
- 4. The sunglass lens according to claim 1, wherein said dielectric mirror further comprises a multilayered dielectric mirror.
- 5. The sunglass lens according to claim 1, wherein said multi-layered dielectric mirror further comprises at least six thin film layers vacuum deposited atop said first layer of plastic for further reducing light transmission and glare.

- 6. The sunglass lens according to claim 1, wherein said polarizing filter layer is molecularly bonded between said first and second ophthalmic plastic layers to avoid haze and delamination.
- 7. A sunglass lens, comprising:

a first layer hydrophobic overcoat for protection from seawater and smudging;

a second layer dielectric mirror for reducing light transmission and glare, said dielectric mirror comprising a plurality of angularly displaced thin film layers;

a third layer color discriminating grey-tinted ophthalmic plastic material;

a fifth layer color discriminating grey-tinted ophthalmic plastic material;

a fourth polarizing layer molecularly bonded to said third and fifth plastic layers and sandwiched there between to avoid haze and delamination;

whereby said layers are arranged to provide a balanced light transmission profile optimum for use on the water in which substantially 100% of UV-A & B light is blocked and at least 99% of blue light is blocked at up to 490 nm.

- 8. The sunglass lens according to claim 7, wherein said dielectric mirror further comprises a multilayered dielectric mirror.
- 9. The sunglass lens according to claim 8, wherein said multi-layered dielectric mirror further comprises at least six thin film layers vacuum deposited atop said third layer of ophthalmic plastic for further reducing light transmission and glare.

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- 10. The sunglass lens according to claim 9, wherein said polarizing filter layer is molecularly bonded between said first and second ophthalmic plastic layers to avoid haze and delamination.
- 11. The sunglass lens according to claim 10, wherein said third and fifth ophthalmic plastic layers are CR-39TM plastic.
- 12. The sunglass lens according to claim 10, wherein said third and fifth ophthalmic layers are polycarbonate.
- 13. The sunglass lens according to claim 11, wherein said third and fifth ophthalmic plastic layers are colorized with a color discriminating grey-tinted ophthalmic plastic material that blocks blue light transmission of said lens to at least 99% of blue light at up to 490 nm..
 - 14. A sunglass lens, comprising:
 - a first layer hydrophobic overcoat for protection from seawater and smudging;
 - a second layer dielectric mirror for further reducing light transmission and enhancing UV obstruction;
 - a third layer color-discriminating grey-tinted ophthalmic CR-39™ plastic;
 - a fourth polarizing layer;
 - a fifth layer color-discriminating grey-tinted ophthalmic CR-39™ plastic;

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whereby said layers are arranged to provide a balanced light transmission profile optimum for use on the water in which substantially 100% of UV-A & B light is blocked and at least 99% of blue light is blocked at up to 490 nm.

- 5 15. The sunglass lens according to claim 14, wherein said first and second layers are CR-39TM plastic.
 - 16. The sunglass lens according to claim 15, wherein said first and second layers are polycarbonate.
 - 17. The sunglass lens according to claim 16, wherein said second layer dielectric mirror further comprises a multi-layered dielectric mirror.
 - 18. The sunglass lens according to claim 17, wherein said second layer multi-layered dielectric mirror further comprises at least six thin film layers vacuum deposited atop said third layer for further reducing light transmission and glare.
 - 19. The sunglass lens according to claim 18, wherein said fourth polarizing layer is molecularly bonded between said third and fifth CR-39TM lenses to avoid haze and delamination.
 - 20. The sunglass lens according to claim 14, wherein said third and fifth ophthalmic plastic layers colorized with a color discriminating grey tint limits average blue light transmission of said lens to less than 7%.